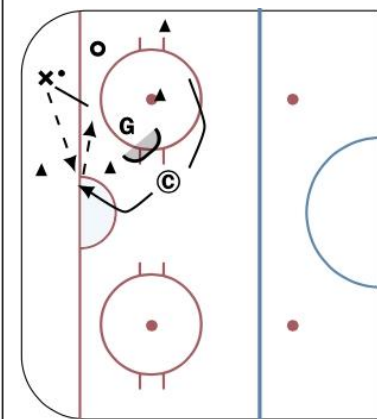


**Pig Pen - 8 mins**

4:30pm



**STATION #1**  
Russ

Set up a game of 1v1 or 2v2 in a small area. Players must execute a give and go with the coach on change of puck possession. Rotate through goalies.

**Krebs Special - 7 mins**

4:38pm

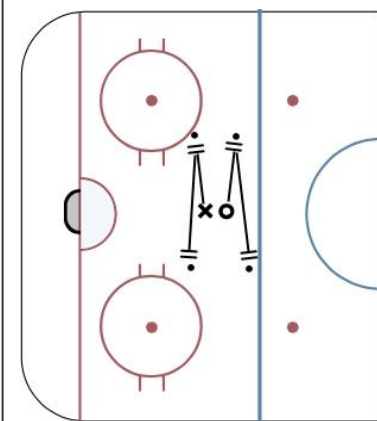


**STATION #2**  
Kim  
Just use 1 corner and don't enter the NZ

Set up as shown. Players will execute a variety of skating skills around the cones, get a puck, deke obstacle for a shot on net. Switch lines each rep. Skills may include 1-2 ft inside/outside edges, pivots, heel-to-heel, f/b, full turns, puck control, etc.

**Drag Racer - 8 mins**

4:45pm

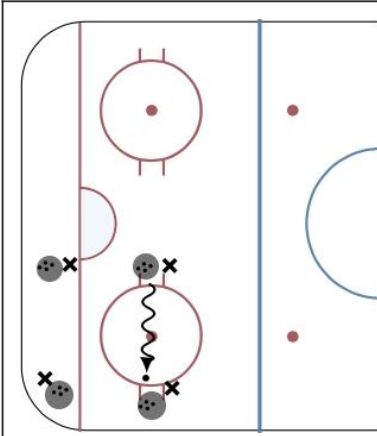


**STATION #3**  
Franny / Chris

To set up each race, coach places 2 pucks on each side of each racer. Player X & O start facing each other. On coaches signal, players race to the first puck and execute a 2 foot stop and must move the puck with their skates. They then immediately race towards the second puck (finish line) for another 2 foot stop. Modify as need be.

**Fuzzy Chicken - 7 mins**

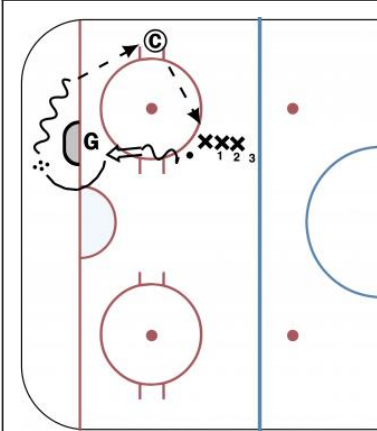
4:53pm

**STATION #4**  
Brad

To set up, make a home base for each player (cone, hula hoop, marker, etc) and place 3-4 there to start with. On the whistle, players must "get rid" of their fuzzy pucks by stick handling them over to someone else's home base. Players can only skate with 1 puck at a time. Once a player gets rid of all their pucks, a winner is declared and start a new game. Use 2-4 pucks depending on skill level. Play with stops, tight turns, etc.

**Slingshot 1.0 - 8 mins**

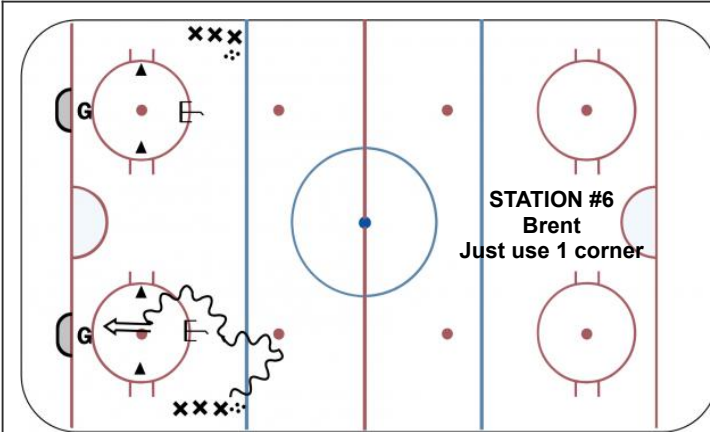
5:00pm

**STATION #5**  
Matt

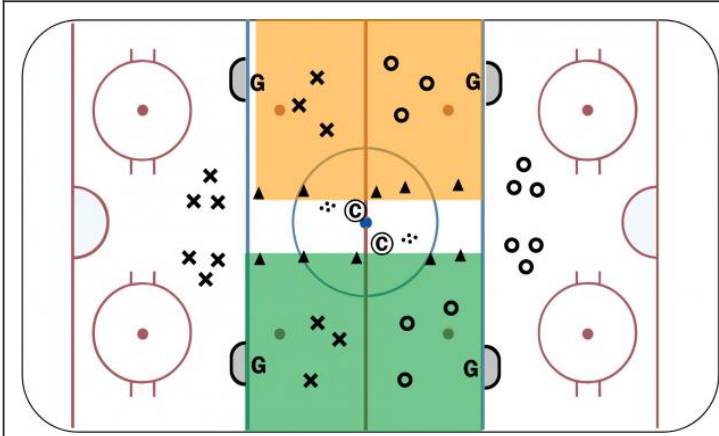
X begins with a shot on net. After the shot, X skates behind the net, gets a puck, and makes a pass to the coach (then returns to the back of the line). Coach then passes to next player in line who goes in for a shot, etc. This is a continuous activity.

**2 Shot Triangle - 7 mins**

5:08pm

**STATION #6**  
Brent  
Just use 1 corner

Player quickly dekes and weaves through the obstacles and finishes with a shot on net. Each player gets 2 pucks. Be sure to use forehand and backhand dekes and shots.



Set up 2 games of 3v3 as shown. Coaches can help manage each of the 4 teams and 2 coaches manage pucks in the middle. If a goalie covers the puck, a goal is scored, or the puck leaves the game area, the coach will spot a new puck. Keep the pace up as shifts will be 30 seconds and change on the whistle.